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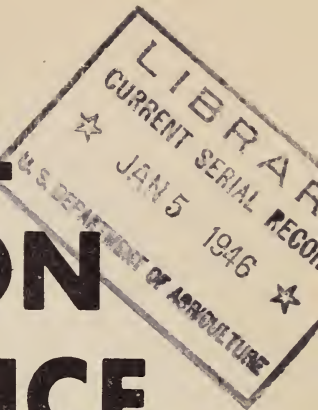
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MONTHLY



INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION, Office of Distribution

January, 1945
Dallas, Texas

Macaroni, spaghetti, and noodles are among the abundant foods in January, just in time to take the limelight as meat-extender and meat-alternate dishes.

Stretch the rationed meats by making frequent use of combinations of meat and other protein-rich foods with the universally popular paste products. Excellent combinations include:

- Macaroni and cheese loaf with tomato sauce
- Macaroni baked with cheese sauce
- Macaroni, tomatoes, onions, green pepper baked
with bacon strips
- Macaroni with tomatoes, onion, and chopped smoked
ham
- Italian spaghetti with meat balls
- Spaghetti casserole with shredded carrots, diced
celery, green pepper, and cubed pork shoulder
- Spaghetti, tomato sauce, and ground Cheddar cheese
- Spaghetti with meat sauce
- Noodles scalloped with diced chicken and mushrooms
- Noodles scalloped with diced celery and tuna fish
- Noodles baked with hard-cooked eggs and cheese sauce
- Boiled noodles with meat sauce
- Noodle ring filled with creamed chicken or veal
- Noodles baked with cheese sauce

Believe it or not, it was the Chinese not the Italians who first used these foods. The Chinese later introduced them into Europe. The Italians popularized them by using them in many delicious ways, and Italian spaghetti and macaroni dishes are universally used and liked.

THE HISTORY OF THE UNITED STATES OF AMERICA FROM 1776 TO 1876

The history of the United States from 1776 to 1876 is a story of growth, struggle, and achievement. It begins with the Declaration of Independence in 1776, which marked the birth of a new nation. The early years were marked by the struggle for independence from British rule, culminating in the American Revolution. The new nation then faced the challenges of building a government and a society. The Constitution was drafted in 1787, and the federal government was established. The early years of the republic were marked by the struggle for a strong central government, culminating in the War of 1812. The 19th century was a period of rapid growth and change. The United States expanded its territory, and the economy grew rapidly. The Civil War, which began in 1861, was a turning point in the nation's history. It resulted in the abolition of slavery and the preservation of the Union. The Reconstruction period, which followed the Civil War, was a time of great struggle and achievement. It was a time when the nation was rebuilding itself, and the rights of African Americans were being established. The Reconstruction period ended in 1876, and the United States entered a new era of growth and development.

Spaghetti and macaroni are made from durum wheat, a hard wheat that has a high gluten content. The wheat meal, called semolina, is mixed with water and kneaded into a smooth, tough dough. The dough is forced under pressure through holes in a cylinder which shape it into the desired form.

The same dough is used for a wide variety of paste products that range from long tubes of macaroni or fine threads of vermicelli to macaroni alphabets and shells.

Noodles differ from the macaroni pastes in that they are made of ordinary wheat flour and contain eggs. Making noodles is a household art practiced by many homemakers who gain fame for home-made noodle soup, chicken and noodles, and other delicious dishes.

Italian-born housewives often make their own macaroni and spaghetti at home, drying the long strips over rods hung in the kitchen. They take justifiable pride in the delicious dishes they prepare from these home-made products.

A typical Italian dinner is usually a well-planned, nourishing meal. Spaghetti with meat balls or meat sauce, cheese, crusty bread, a leafy green salad with olive oil dressing, fresh fruit, and a beverage offers a well-balanced diet with vitamins, minerals, and protein.

Spaghetti, macaroni, and noodles are all soft in texture, bland in flavor and colorless. It's well to remember that texture contrast adds zest to any meal. The tossed, green salad is a good addition to the spaghetti or noodle-dish dinner, not only because it's a contrast in texture but also because it adds color and keen taste to the meal.

When macaroni, spaghetti, and noodles are used in hot dishes, they should be thoroughly cooked and well seasoned. Cook them in boiling water until tender--the time will vary with the kind of paste from about 10 to 20 minutes.

Drain the cooked product in a colander and rinse with boiling water to separate the pieces. Use in a casserole dish, or serve with a delicious sauce, Italian style.

Serve the crisp, colorful salad or a fresh fruit salad for texture contrast and color. Or use sliced tomatoes, celery hearts, carrot sticks, raw turnip slices. When no meat is used in the mixture, a custard type of dessert will improve the nutritive value of the meal.

There's no reason why a meatless dinner should be a drab occasion when, with careful planning and forethought, it can be a feast. Be sure to remember to add color, flavor, and texture contrast when planning the meal.

TOMATO-MEAT SAUCE

2-1/2 cups of fresh or canned (No. 2 can) tomatoes
1/2 garlic clove
1 bay leaf
3/4 pound ground beef
1/4 cup chopped onion
1/4 cup minced green pepper
2 tablespoons fat
2 tablespoons flour
1 teaspoon sugar, if desired
1 teaspoon salt
Pepper

Cook together the tomatoes, garlic and bay leaf - about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve.

Brown the beef, onion, and green pepper in the fat. Blend in the flour. Add cooled, sieved tomatoes, sugar (if used), salt, and pepper.

Cook over low heat, stirring constantly until thickened. Serve hot on cooked spaghetti, noodles, or rice.

(Bureau of Human Nutrition and
Home Economics, USDA)

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